



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 15014, Fish, cisco, smoked**

**Report Date: June 25, 2017 17:51 EDT**

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

**Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	3.0 oz 85g
<b>Proximates</b>						
Water	g	69.80	2	--	19.79	59.33
Energy	kcal	177	--	--	50	150
Energy	kJ	741	--	--	210	630
Protein	g	16.36	2	--	4.64	13.91
Total lipid (fat)	g	11.90	2	--	3.37	10.12
Ash	g	2.00	2	--	0.57	1.70
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	26	2	--	7	22
Iron, Fe	mg	0.49	2	--	0.14	0.42
Magnesium, Mg	mg	17	2	--	5	14
Phosphorus, P	mg	150	2	--	43	128
Potassium, K	mg	293	2	--	83	249
Sodium, Na	mg	481	2	--	136	409
Zinc, Zn	mg	0.30	2	--	0.09	0.26
Copper, Cu	mg	0.215	2	--	0.061	0.183
Manganese, Mn	mg	0.021	2	--	0.006	0.018
Selenium, Se	µg	18.1	--	--	5.1	15.4
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	3.0 oz 85g
Thiamin	mg	0.046	2	--	0.013	0.039
Riboflavin	mg	0.159	2	--	0.045	0.135
Niacin	mg	2.310	2	--	0.655	1.964
Pantothenic acid	mg	0.308	2	--	0.087	0.262
Vitamin B-6	mg	0.268	2	--	0.076	0.228
Folate, total	µg	2	2	--	1	2
Folic acid	µg	0	--	--	0	0
Folate, food	µg	2	2	--	1	2
Folate, DFE	µg	2	--	--	1	2
Choline, total	mg	95.0	--	--	26.9	80.8
Vitamin B-12	µg	4.26	2	--	1.21	3.62
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	283	--	--	80	241
Retinol	µg	283	--	--	80	241
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	943	--	--	267	802
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.22	--	--	0.06	0.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	13.3	--	--	3.8	11.3
Vitamin D3 (cholecalciferol)	µg	13.3	--	--	3.8	11.3
Vitamin D	IU	530	--	--	150	450
Vitamin K (phylloquinone)	µg	0.1	--	--	0.0	0.1
<b>Lipids</b>						
Fatty acids, total saturated	g	1.741	--	--	0.494	1.480
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	3.0 oz 85g
14:0	g	0.654	2	--	0.185	0.556
16:0	g	0.888	2	--	0.252	0.755
18:0	g	0.199	2	--	0.056	0.169
Fatty acids, total monounsaturated	g	5.484	--	--	1.555	4.661
16:1 undifferentiated	g	2.665	2	--	0.756	2.265
18:1 undifferentiated	g	2.450	2	--	0.695	2.083
20:1	g	0.369	2	--	0.105	0.314
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	2.274	--	--	0.645	1.933
18:2 undifferentiated	g	0.422	2	--	0.120	0.359
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.227	2	--	0.064	0.193
20:4 undifferentiated	g	0.106	2	--	0.030	0.090
20:5 n-3 (EPA)	g	0.639	2	--	0.181	0.543
22:5 n-3 (DPA)	g	0.268	2	--	0.076	0.228
22:6 n-3 (DHA)	g	0.612	2	--	0.174	0.520
Cholesterol	mg	32	2	--	9	27
<b>Amino Acids</b>						
Tryptophan	g	0.183	--	--	0.052	0.156
Threonine	g	0.717	--	--	0.203	0.609
Isoleucine	g	0.754	--	--	0.214	0.641
Leucine	g	1.330	--	--	0.377	1.131
Lysine	g	1.503	--	--	0.426	1.278
Methionine	g	0.484	--	--	0.137	0.411
Cystine	g	0.175	--	--	0.050	0.149
Phenylalanine	g	0.639	--	--	0.181	0.543
Tyrosine	g	0.552	--	--	0.156	0.469
Valine	g	0.843	--	--	0.239	0.717
Arginine	g	0.979	--	--	0.278	0.832
Histidine	g	0.482	--	--	0.137	0.410
Alanine	g	0.990	--	--	0.281	0.842
Aspartic acid	g	1.676	--	--	0.475	1.425
Glutamic acid	g	2.443	--	--	0.693	2.077

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	3.0 oz 85g
Glycine	g	0.785	--	--	0.223	0.667
Proline	g	0.579	--	--	0.164	0.492
Serine	g	0.668	--	--	0.189	0.568
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0